



Off for a quick spin: Santander Cycles bikes can be hired for as little as £2 a day



**WEAR A FACE
COVERING
ON PUBLIC
TRANSPORT**

This will help to keep everyone safer when it's hard to maintain social distancing

Let's make sure every journey matters
#LondonTogether

MAYOR OF LONDON

Peddalling on!

TFL TEAMS UP WITH THE CHARITY SUSTRANS TO MAKE IT EASIER TO CYCLE THE CAPITAL

AS lockdown restrictions ease, Londoners are encouraged to walk or cycle instead of using public transport. If you're considering heading out on two wheels for a spin but are unsure where to start, here are some top tips from Sustrans, the walking and cycling charity.

Lucy Atkinson, senior healthy streets officer from Sustrans, says: 'By walking or cycling, you can help ease pressure on public transport, reduce vehicle pollution and get some exercise. You'll probably enjoy your journey a lot more too.'

'London streets can feel intimidating, but with boroughs giving more space to people walking and cycling, now is the time to have a go. It's incredible how quickly you can become a convert once you begin.'

SORT OUT YOUR RIDE

Buying a cycle doesn't need to break the bank, there are plenty of second-hand options available online. If you're dusting off an old bike, be sure to test it out before you start: check that the saddle is at the right height, grease the chain (WD40 will do), pump up your tyres and test out your brakes. Cycle shops are open, so consider getting it serviced as well.

Or, hire a Santander Cycles bike from one of the 800 docking stations around the city for as little as £2 a day for an unlimited number of 30-minute journeys. There's no need to book – just hire a bike, ride where you like and return it to any docking station.

You can also download the Santander Cycles app, which



Navigation sorted: Try out Tfl Journey Planner or the app CycleStreets

sends a release code straight to your phone, letting you skip past the terminal and get on your bike quicker.

PLAN AHEAD

To stay off the busiest roads, plan out your route beforehand to keep it quiet and stress-free. Work out where you can use Cycleways, which are cycle-only routes throughout the capital with clear signs and time estimates. Use Tfl Journey Planner to find the best route, or try downloading the app CycleStreets, a UK-wide journey planner specifically for cyclists.

Remember, there's no rush. Build an extra ten minutes into your journey and ride at a speed that you feel comfortable with.

If you're a key worker, Sustrans has an interactive map to help you

plan your route, as well as a list of cycle hire offers and services available in London. Search key workers on www.sustrans.org.uk

FIND A BIKE BUDDY

Cycling is more fun when you have someone to do it with, and it's easy to maintain a two-metre social distance while on your ride. Ask a friend, colleague or a neighbour to come along with you, even if just for part of the way.

Together, you could try out one of the new temporary cycle lanes that are popping up all over the city. Let your council know what you think using the Space to Move tool on the Sustrans website.

For more tips and guidance on how to get started with cycling, check out tfl.gov.uk/cycling and www.sustrans.org.uk

Get free access to Headspace

DISCOVER mental wellbeing by taking advantage of the support offered through Tfl's partnership with Headspace, the mindfulness and meditation app. Customers of Tfl can get two months of free access to all content.

It's surprising how a few simple changes to your routine can make a big difference. There are a range of mindful walking options, curated by Tfl and Headspace, to help you feel calmer and more in control. Londoners are reminded

to keep the recommended distance from other people.

Download the app using the code THETUBE. This offer is available until August 30, 2020. To find out more information, visit www.headspace.com/tfl

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London travel advice: plan your journey now

 Check your travel
tfl.gov.uk/travel-tools

 24 hour travel information
0343 222 1234*

*Service and network charges apply. See tfl.gov.uk/terms for details.

London Travelwatch
London's transport watchdog
call 020 3176 2999, or visit
www.londontravelwatch.org.uk

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